Buried Ham Surprise

This is very similar to buried pork chops. However, it will have a more slippery feeling and might turn out a little soupier if there are too many eggs in the cornbread mixture. As with many dishes, there can be more than one way to make buried ham surprise. The primary difference would be the choice between using slices of bacon on the bottom of the pan or chips of bacon spread throughout the mixture. Whichever choice will delight the taste buds with a savory, chewy meal. Vegetables can be included in the pan for a one dish meal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before cooking

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Cornbread (May have gluten added)

Eggs

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Beef

Butter

Eggs

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe oblong container with lid

Ingredients:

Meat:
- Bacon (8 strips, or 1/4 cup of bacon bits)
- 2 eggs
- 1 cup of ham in bite sized chunks

Vegetables:
- 15 ounces of peas
- 15 ounces of pinto beans
- 15 ounces of potatoes
  - Optional:
    - 1/4 cup of onions

Other ingredients:
- 1 tablespoon brown sugar
- 3 cups of cornmeal (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 15 to 20 minutes

Preparation:
1. Chop ham into bite sized chunks.
2. Chop bacon into bite sized pieces, if desired.
3. Chop 1/4 cup of onions.
4. Mix:
   - 3 cups of gluten free cornmeal
   - 2 eggs
   - A dash of salt
     - Optionally add:
       - 1/4 cup of chopped onions
       - 1/2 cup of pinto beans

5. If using chopped bacon, spread a thin layer of vegetable oil on the bottom of the pan.
6. Or if using sliced bacon, line the pan with strips of bacon.
7. Spread a 1/4 inch thick layer of cornmeal mix on top of the oil or bacon.
8. Carefully place chopped ham and bacon in the cornmeal. Don't push down.
9. Pour the rest of the cornmeal mixture on top of the ham and bacon.
10. Cover and place pan in oven and cook at 350 degrees for one hour.
    ** This may take a little extra time to bake if the bacon is not precooked. **

Cook Temperature: 350 degrees

Cook Time: 1 hour, maybe more if bacon is uncooked

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.